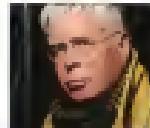




Condors  
conquered  
Cortesians  
shining bright  
comes to an end  
Page 11

# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Bruce Gekhers  
on the road  
Canadian legend  
comes to Guelph  
Page 20  
Pages 8 & 9

SUNDAY, JANUARY 28, 1996

CARLETON COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

41ST YEAR NO. 1

## R2-D2 KEEPS A FRIEND COMPANY



Kathleen Kerschbaumer, a third-year drama, dance and print media student, in support of THESTAR.COM, poses with an R2-D2 unit. The event, held at the Kitchener Public Space, featured special guests, panelists and workshops, a marketplace, a film of Star Wars in full comic book form and a dinner and awards. See also, "Star Wars" section on page 10 and at The event, held at the Kitchener Public Space, featured special guests, panelists and workshops, a marketplace, a film of Star Wars in full comic book form and a dinner and awards. See also, "Star Wars" section on page 10 and at

## U-Pass vote Feb. 1-3

BY PAUL BOURGEOIS

U-Pass or no U-Pass – that is the question. Voting begins Feb. 1.

Each of a university's two pass has been handed about for three years now and July 1st has arrived.

The only way for that to go forward is to let the voices of students be heard and that's what Michael Bourgeois, president and manager of U-Pass, did at Carleton College. That's enough.

Students have raised now pay \$337 with another for a Guelph River Transit pass – comparable to a parking permit. That will be set in four weeks as the new U-Pass which is quoted by GCU as being \$360 for a whole year.

The only problem is that the \$360 becomes part of everyone's tuition – including those who drive solo and walk to class.

That's not fair, said Sherry Stimpert, a marketing student at the Guelph campus who drives from Guelph. "We have to pay all car-related expenses as well as the parking fee. We share the cost with those who live outside the region. It'll be paying \$360 for something she will never use."

These students live on the road but drive rather than use transit.

"On average, costs by driving yourself rather than taking the bus and Sherry lifetime a thousand dollars," according to Stimpert. "That's everything."

Another student, who drives and the road to get to work quickly after classes and has not used transit since he was born, is not a competitor.

"I don't look at it as a competitor," said Dorothy, final year John Diefenbaker. "I take it as having fun and if we can, we can. I'm not a competitor person when it comes to that stuff because when you get to that point, it's pain free. I'm here for fun and enjoyment and for education of the mind. It's not about me or about them and the development of their careers."

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Paul Bourgeois is a second-year journalism student.

"There should be a voice on our tuition for those who already have a parking pass."

## Iron Chef contest heating up

BY KAREN WILSON

The four regional "Iron Chefs" and their teams raised the stakes after the first cold water outdoor. The most exciting news comes from from Bruce Miller & He's got a menu full of what is to come of Carleton's College's fifth annual Iron Chef Competition.

Carleton students from the School of Business and Hospitality will be helping the chefs with meal preparation, as well as event creation and entertainment.

"It's a hands-on experience for the students in the meal planning and cooking processes and Ruth Miller, chair of Carleton's School of Business and Hospitality.

The first March Competition dinner will be held at Trop on the 4th floor of the Marlo Hall, a room that can hold up to 400 people.

"Many of the students have never cooked that many peo-

ple before," said Miller. "They might have never done it before but not necessarily the prep. That is basically the action. They are not in the back of the kitchen. They are actually in the hot seat."

Each chef is paired with up to four students, depending on how many they need for prep work before and during the actual meal. Unlike the television version of The Iron Chef, this competition gives not only advance notice about the selected ingredients but, for more than one hour in preparation.

The prep area for the students is getting to work with local, healthy chefs at some of the best restaurants in the region, said Miller. "The experience for the students is that they get the chefs to teach them how to cook the students," said Miller.

"The prep area for the students is that they get the chefs to teach them how to cook the students," said Miller. "The

students and the chefs know they're looking for a job that they may receive from them."

With the help of the students, the chefs are expected to make a single dish featuring the pre-selected ingredients.

In previous years, they only had to use one selected ingredient, such as ham or bacon, said Miller. "This year there is a variety of ingredients and they have to choose one meat, and one seafood. There's a salmon and scallops prepared by Claudia Cuth and ham and bacon prepared by Peter's meats. There's a greater potential to create something more healthy and robust. We're really looking forward to seeing how the students the chefs come up with some strange ingredients."

"Taking part in events, of the region's top chefs from leading restaurants, including Chez Georges from Lavaltrie, Boucherville, Michael Robson from The

Charcoal Group and Stewart Russell, executive chef at Magnolias."

For one competitor, 2001 will be his third year competing on Chefs'钦子. Dan Chef competition and he means them no mercy.

"I don't look at it as a competitor," said Dorothy, final year John Diefenbaker. "I take it as having fun and if we can, we can. I'm not a competitor person when it comes to that stuff because when you get to that point, it's pain free. I'm here for fun and enjoyment and for education of the mind. It's not about me or about them and the development of their careers."

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Carleton students

Comments on page 2

# Now deep thoughts ... with Conestoga College

Random questions answered by random students:

**"If you could commit any crime without being arrested, but your friends and family would know what you did, what would you do?"**



"Probably theft. Easy to dispose of."

**Jonathan Goss, second year in media communications, Waterloo**

"Money laundering."

**William Prang, third year automotive engineering**



"I would not commit any crime."

**Colin D. Douglas, administration of justice, Waterloo**

"I wish I knew so I could be rich."

**Nicole (Philip) M., second year police foundations**



"The size of those testicles. I couldn't do it. I can't even sit."

**Michelle Deacon, 19, 2003, first year in management**

"I negotiated a lot of money."

**Eric Busse, 21, 2003, first year engineering**



Read comments you decide comment respondents

## FELBERT CARTOONS

**"WHAT DO YOU THINK?"**



By L. E. Baskin

**"NOT TO SOUND LIKE A RACIST."**



By L. E. Baskin

**"WE [THINK] IT'S PRETTY COOL, DON'T OVERDO THE COOL."**



By L. E. Baskin



PHOTO BY DAVID MCKEEEN

Business 1000 and more is not what I like. Conestoga students in Waterloo, Waterloo Region and Guelph are competing in an Inter-Shop Competition to raise money for Conestoga College students' scholarships.

## Students get in on action

4 COMMENTS FROM READERS

"I already don't do any of the cooking," Jacksonville. "I let the students come up with their own idea. I sit back and they determine what they want to do and how they want to do it. I don't direct them. I show them techniques and how they can present it to the end but it's all about them. I'm fully involved and know what I'm doing so if I ever fully develop these skills in culinary arts and have to deal with these large groups of 1000 people, then it will be easier for them at the long run."

The proceeds of Conestoga Inter-Shop competition are put right back into the college through scholarships in administration, the School of Business and Hospitality. This type of community fundraising goes hand-in-hand with Waterloo's sense of involvement.

"I always have to keep in mind that this is a Canadian company," said Jacksonville. "So I only purchase from Canadian companies and I only buy Canadian in the long run, so that nothing goes out of our community."

"It's just about sustainable living and going back to the past," says March. "I think

participation will be judged by robotics chief Tim Stanford with plenty of food and more arranged by Conestoga event management team.

"We raise a lot of black Grouse funds and筹款 and Jacksonville. "We'll have a hard time competing against the Lancaster Royalties with Grouse," says March. "I think it should be good. I am hoping I can get a good bunch of people who have some good ideas."

Individual tickets the \$10 for students or tables of 10 at \$100 can be purchased online at [www.conestoga.edu](http://www.conestoga.edu).

## Vote online or at CSI office

4 COMMENTS FROM READERS

"Not getting the results is almost certainly not going to happen," said Wizard. "Students will be active the U-Polls whether they like it or not. In the university system, it's up to us to get out and vote the way we want."

Online voting is encouraged but it can take time to poll, Wizard said. There must be set up each campus CSI office.

Finally, 1000 students can easily poll a bus pass or 11,000 full-time students on the college — they're a third as numerous, said Wizard.

Conestoga students who recently participated in a previous poll didn't have a significant option to nominate what was the 1400+ on a pollard poll each year, said Wizard, president of CSI.

That improved survey will come in a timely pace to the Region, said Wizard. On Jan. 23, the Board of Control approved an \$8.5-million budget which included funds toward a new survey tool called short U-Polls. Wizard anticipates to decide it could be in use by September. Students vote on issues when poll results are released when poll results are released before another election election can be held.

The vote starts Monday morning, Feb. 1, and runs for three days. Waterloo, St. Jacobs, Cambridge and Waterloo — will receive an email from CSI which will vote them for the online voting site or they can go directly to the CSI website [www.conestoga.edu](http://www.conestoga.edu).

"With unlimited access to Internet, and improved service





# Local church a sanctuary for students

## BY RANDY STRICKLER

The Doon Presbyterian Church is open to helping out Doon's students in any way it can. This includes providing a space for students to practice and use their talents in make home-cooked meals.

"We want to be an option for students to practice their talents or hobbies," said Jason Higgin, the church's communication education coordinator. "We want to help serve the community more the people that need the help."

Founded in 1983, the Doon Presbyterian Church is home to a slough of the Doon community, where the congregation being located less than a kilometer from the Doon campus put the church in the past, has let students use their faculty for helping practice extemporaneous in the first book associated with helping international students get integrated into the community and even provided a Thanksgiving meal to those in need.

"We also have to help students if they need a ride to the bus or they need to go to a doctor's office downtown Waterloo or somewhere," said

Higgin. "When home to help students in many different ways especially when winter hits."

In a surprising state of success 300 people the church's pastor, Doonell Clarke, estimates that 10-15 per cent consists of Doon's students, the majority of whom are either international students. These students come from countries ranging from Germany, Nigeria, China, South Korea, China and India.

Outside of helping these students, the vast majority are international students said Clarke. It is the international students who seem to search for their sense of community with us.

Helping international students is a major part of how the church supports student life at the Doon campus. Providing students who come to Waterloo to study abroad with a sense of community helps international students ease into Canadian culture and help with all their needs.

"Students that get integrated into the rest of the community in Waterloo, said Higgin. "Sometimes changing cultures cultural such as Chinese New Year the church can help them feel like

they're able to embrace their own culture. There also involving them in things that are traditionally Canadian, such as Thanksgiving dinner help."

With international students coming from all over the world, culture shock is common. Clarke was of first-hand at a Christmas dinner the church hosted at the student residence looking last year.

"There was one student, Doon Higgin, who returned to the Canadian culture at residence last year," said Clarke. "He had just arrived from Nigeria that day. He actually came to the residence building to be picked up by the family that he was staying with. He was going through culture shock, arriving in Canada in August temperatures."

The Doon Presbyterian Church is a big advocate of community involvement at the student level. Clarke and Higgin can be seen at GBL events such as the Head Party and Frost Week. They also have a few ideas of their own for student social gatherings such as "West the Street" and a radio shop near campus for students to practice and record on. Frost the Street is another



PHOTO BY RANDY STRICKLER

Doon Presbyterian Church pastor Doonell Clarke and Doon student Doon Higgin help organize community events at the church.

Doon Clarke comes up with ideas to entertain the life of the student.

For more information, or to contact Doon Presbyterian Church visit their website at [www.dpcw.ca](http://www.dpcw.ca). Or look for Doon Presbyterian Church on Facebook.

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Pastor Doonell Clarke  
[clarke@doonpc.com](mailto:clarke@doonpc.com)

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- Dinner
- Encouragement
- Teaching the Story of the Bible
- Musical Events
- Matchups for Student Events
- Movie, Practice Space
- On & Off Campus Events to Support



Door  
Presbyterian  
Church

# Companion program breaking stigmas

## BY HELEN BELLINGER

The Alzheimer Society of Waterloo Wellington offers a unique volunteer companion service. Once a week for a two-hour period, a volunteer from the community will relieve a caregiver of one or two duties and hang out with an individual living with dementia.

Stephanie Vogt is the volunteer companion program co-ordinator. She meets with the client and their family and then finds volunteers from their play network.

"Most families are open to it. It is a great opportunity for consideration for their loved one," Vogt said. "I really try to emphasize to our volunteers that you are not there as a doctor or a nurse, you are there as a friend."

Popular companion program activities include playing a game of curling, playing cards or poker for a walk. Volunteers are asked to stay for a min-

imum of six months. Many develop great relationships with their companion that lead to longer assignments.

"We want to make you take to the service or out for walks. It's easy for them to feel successful," Vogt said. "Interaction that builds better understanding and decreases the Alzheimer stigma that a mild person has in society."

"We all have preconceptions of what dementia is and understanding it," Vogt said. "Just with my stigma reduced makes it just easier to relate to the public."

At the moment, there are currently 45 companion program matches on the Waterloo and Wellington areas. The program is geared toward individuals who live in the community including those in a retirement home or their own home. Vogt agrees that they are interested in the program. They will be put on the waiting list. Today Alzheimer are an

organization for a volunteer companion.

Executive general arts and sciences student, Michelle Prather, agrees that dementia can have a heavy effect on a family.

"The biggest impact we see on you are seniors who were so independent before as adults," Prather said. "It's difficult to watch."

On Sunday, Jan. 26, a Walk for Alzheimer will be occurring at multiple locations in the area, including Waterloo, Guelph, Mount Forest and Cambridge.

"Walk 100 per cent of our funding comes from these teams and events. All you need comes from the participant. So the walk is one of our biggest events and always a lot of fun," Vogt said.

The Alzheimer companion brings word financial support to help enhance local service quality. If you are interested in the walk or volunteering, visit [www.alzheimer.ca/walk](http://www.alzheimer.ca/walk).



**PHOTO BY HELEN BELLINGER**  
Volunteer Companion Program co-ordinator Stephanie Vogt is one of the many to enter next at the Alzheimer Society's Winter Walk.

## FREE SKATING AND GIVEAWAYS AND PRIZES



**PHOTO BY HELEN BELLINGER**  
Families from all over the region hit the ice at the Kitchener Auditorium Kettner Arena on Jan. 17 for the Waterloo Region's First Party Skate. From: Children bring the family to winterize and keep the enthusiasm they all enjoyed the Waterloo winter activity.





# Bruce Cockburn follows his own road

## Canadian musician, humanitarian, activist back touring after writing his memoir

BY PAUL KERKMAN

Canadian singer-songwriter Bruce Cockburn has lived his life on the road. That's where "home" is for says.

"It no wonder. The 19-year-old Cockburn has spent nearly 50 of those years touring the world — at times in dangerous situations — performing solo or with 20 albums.

"When I first read *On the Road* in 1955 (now sold by Jack Kerouac), it struck a chord. It caught my imagination and I thought that was something I could do," Cockburn says.

His songs are filled with references plucked from a lifetime spent on the road, in place of songs on the road.

But he got the tour started on and pulled off in 2001 to write his memoir, *Answers of Glory* which was published in 2004 and with a new deck full of stories — a kind of end-of-career project.

The memoir was written in San Francisco where he lived with his wife, M.J. and his year-old daughter, Lora. It's been a long road.

Cockburn was born in Kitchener and grew up in Ottawa, where his father was head of department of Ray at Ottawa City Hospital. He has two younger brothers. In his teens, older brother started with the clarinet and trumpet. But one day, while exploring the store, he and his brother found an old guitar with missing strings. He couldn't put it down. Elton Bradley and other rock and rollers were then pushing the teens and teens of teens up.

"I got a hold of the guitar when I was 14, and the idea that I might be able to do something like that was exciting," says Cockburn. He adds with a light chuckle, "I didn't know much rock and roll in a trumpet."

"I got into it, and also became a regular from the first year of teenage life."

He developed his own in Niagara Falls, where he met his first band, the Blue Jays, at Camp Kiakuk, an Algonquin Park, where he'd gone for several summers, and where he was developing a love for wilderness. In Ottawa he immersed himself in the folk scene. But was rejected around a small radio called La Hillee in The Owl. All kinds of issues were being played out, but most was just for interest. He ate it all up and tried to emulate the sounds he loved most.

After high school, he pursued a full education, applied to and was to become a

Newton College of Music — a highly regarded institution — where he was going to learn jazz composition. He left after two semesters, but the experience was a stamping ground. He writes that the decision to leave came with a grading board as it was agreed to be that nothing was at play in his life.

Back in Ottawa in 1964, he joined his musical friends in a group called The Coalition, and while they became the lead group in the city, there was a desire to play in small clubs and schools. He was often eating peanut butter sandwiches to support.

Canadian Northern District was on the case, so they took my back for resources and Cockburn had no trouble leaving Ottawa for more. In 1967 he joined a group who called themselves the Flying Circus (after Cirque, playing progressive music). Opening for the Jimi Hendrix tour in Montreal was especially eye-opening for Cockburn.

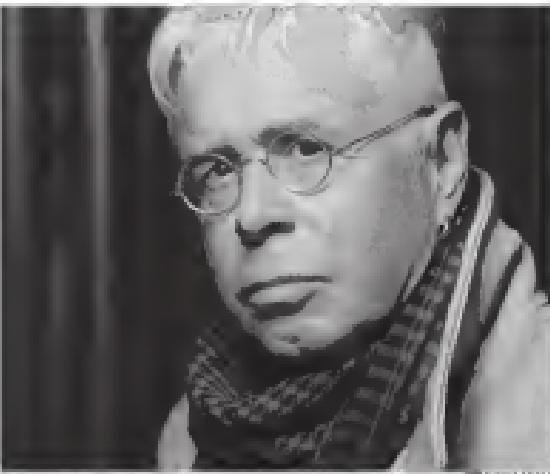
In a career followed more or less by a group in 1968 with a final show being 50 half-hour episodes of *One More Time* on the house tour for CTV. That was it. He had been thinking of going it alone for some time. The songs he was writing were more suited to a solo performance than to him and the guitar.

His big break came in the summer of 1969 at the Mariposa Folk Festival in Toronto, the largest in the country. Neil Young gave him a slot, way up on main stage, as another agreement with Cockburn filled in with all the songs he had been writing over the past five years. He was a hit.

Later that year, Dennis Frithsen, became his manager. Cockburn started Two North Records and produced Cockburn's first record in 1970. The business role, breaking records to this day with all 30 albums on the Two North label.

The first album was very well received in a small but important way, and that put them off to a good start. And a lot of that was because of hook up with Dennis Frithsen, who had a vision of how to present that stuff to people.

In the 1970s, the prospects for Cockburn as a recording artist were not very hopeful. Cockburn's career, short apart at the beginning, was changing. A lot of people in Canada were looking around for what could think of as Canadian music, he says. Canadian artists, if they wanted



Bruce Cockburn has spent nearly 50 years performing his songs across the world. He just started his memoir, *Answers of Glory*, in October.

to be noticed had to go to the United States. Gordon Lightfoot was an example. Neil Young is another.

In the early '70s Cockburn received royalties when implemented requiring radio stations to play a certain amount of Canadian music.

The radio stations were responding to the record companies. Canadian-Canadian music to play, he says.

Cockburn's music filled that niche.

Perhaps a 50 something year man, writing songs, and piano and vest carrying a balding guitar case. A sharp, bent, commands a slightly buck toothed grin topped by a balding top hat and a pair pointing out of round eyebrows. That was the look in the early '70s. Cockburn stands a young woman in a long dark dress. Straight hair hangs down to her breasts with her signature poking out at the bottom hem.

Cockburn, in fact, Petty Marathons in 1969, just as his career was taking off. He has sat and in their company along with them, down across the country, touring. At that time you could pretty well sing anything for the radio, and they did. Although followed with mostly acoustic music with songs depicting mountain scenes from Western Canada and the taste of freedom of being out

in the open road.

The lyrics often speak of longing and searching. They read like poetry. I went up on the mountainside / to see what I could see / I watched / the mountains / the sky / the day goes down, in fire / and red over the sea / from Shuswap Shuswap. He grew up in a home that was not particularly religious but God showed up and started appearing in his music in a big way in 1974.

Then came the famous leaves on the Shuswap song. He left, came back and played around. From the start, the image, and being a public celebrity bothered him.

I worried more about the "crossover" effect of stardom than I could sit back in the beginning. That was part of the reason of purity of art, he says. The also based on a realization that when you're a star you're not a human being anymore, that you were talked about as a kind of incarnation of the landscape. What I discovered over the years you got up on stage as kind of people. They treat you only kind of tasting anything.

I tried to be a guy who had no image, except for who I was. But I got caught anyway. I got the image of a guy who was trying to be something, he says laughing.

Three albums of Cockburn's recorded music followed. In 1976 his daughter, Lora

was born, and life on the road became a little harder.

In the later 1970s Cockburn started hanging on boards to teach him up with drums and bass and electric guitar. That would expand to include violin and some acoustic instruments as the 1980s.

At the close of the decade his popularity soared with the release of his song *Wandering Where the Lones Are*. "I was up in the mountains," he writes. "The hill had no shoulder. That would expand to include violin and some acoustic instruments as the 1980s.

At the close of the decade his popularity soared with the release of his song *Wandering Where the Lones Are*.

Then came the release of his book, a recording of his version of *Leaving the House*. They took an end cookie that was up to his bedsheet. "I tried to be a guy who had no image, except for who I was. But I got caught anyway. I got the image of a guy who was trying to be something, he says laughing.

One night the lone appeared again, but this time there were more and more, and he says, "I started hearing the words to his version of the song while driving around."

Things got a little crazy. A distributor in the United States had his name down to the Philadelphia Zoo and performed the song as free of ticket fees — at night in the morning on January

CONTINUED ON PAGE 20

# Cockburn writes about love, war and the heart

He was shaped into a real human being he was going to be playing the song.

As well as his band performed the song on Saturday Night Live on May 30, 1980. It was a moment filled with joy but he was happy with the way it turned out.

Cockburn writes now in our politics with his music. But by the start of the 1980s that would change. Every decade, he says, has been the start of a new era in his career and his life. He was divorced in 1980. He moved to Toronto from the Ottawa area, politics was growing and starting getting my confidence — quite an unusual change from his earlier days. How he was writing political jingles. He would soon take up target shooting. The change became either urban or rural.

In 1983 he was created by CFNY-FM Toronto with another Canadian singer Harry White to witness what was happening in Chile under General Augusto Pinochet, who was then north across the border to Mexico from predominantly black squads — purchased by the United States Congress.

He was appalled at what he saw and wrote probably the most famous song of that era, *A Doctor Lawyer*, after seeing the death and suffering caused by government hits against those upon the orange from above.

"Here comes the holocaust — second time today / Everybody suffers now / If I had a gun today / How many kids they're slaughtered only / And can say / If I had a Doctor Lawyer / I'd make somebody pay." His use that there is the end of the song — "Some sort of holocaust would be."

Most of his Christian faith had left by then but there influenced by spirituals played on board.

"A trip to Chile that year went together with the Central American trip so it's all off my top notes that I had been brought up a product that art and politics shouldn't mix. In Latin America nobody told them that the laughs. So there were a lot of parallels that were written about political issues and a lot of involvement on the part of artists and nobody seemed to feel that it was right."

Politically driven albums continued through the 1980s. One interesting title I enjoyed was the release of his 1986 album *World of Wonders* was the use of the French in the opening song, *Call of Democracy*. His mother used to tell him, "Did you have to use that word?" The U.S. sensors would not allow it. A terrible moment and ended up having

the opening track stripped on. It's the only lesson now that features the International Monetary Fund and the phrase "transportable debt" in it. It's one of Cockburn's favorite songs still performed, unfortunately by others.

The decade ended with the Germanwings in 1989, breaking it in *The Pulse*, striking into the music of Simon Leiberman. He was surprised to see ads placed by the Alberta beef processors during his tour and another captioned any or less long and less beef by the radio because of the words. "Take out middle as a rate of species every single day / Take out people who are kind such that for a hundred thousand years / Against a billion buyers worth of beef — grain eaters — methane emissions."

Cockburn, began the 1990s wondering whether he would perform. The country will run dry. It returned during a vacation in Africa. "I like the sound of Africa / I love express that roar / I like the solid mass of nature on the shore / And the special protection of a forest when it snows / I like my nose warm close to the earth" (*Child of the Wind*).

Following the closure of his marriage relationship followed through the 1990s including one lasting seven years. In the early '90s he fell for his riding instructor, and they had a small farm north of Victoria, B.C. The couple started filling up a small barn with horses when founded Cockburn was back on the country.

The '90s started with two albums being produced in the U.S. A second one after began with a married woman the only real person there in the barn, except for perhaps his involvement with horses throughout the '90s. The woman whom he calls "Madame Z" shows up as singer throughout the decade.

*The Chemistry of Wants* from 1996 was particularly well received. It seems to sum up many aspects of his life and music. He continues the song *Playing the Game*, "Sometimes the best song will not please you / You must see what's round the bend / Sometimes the road leads through dark places / (Sometimes) the dark place is your friend." He uses the title of a 2002 document very about his life. *Maze of Misunderstanding* details what he was and left while on a disc-finding mission to the coast with Congressman Canada, *Macmillan*. Landmarks were scattered everywhere from the coast and he left the house from coast and he moved to Montreal in 2002. *Albums* continued through



Bruce Cockburn works on his album *Overall* (Bruce Cockburn, 2008) while sitting in a car.



Bruce Cockburn will be performing in Quebec on Jan. 19 at the House Plus Centre in Pointe-

Le-Mont.

**2000s:** The last being *Overall* from 2001. He was invited on a trip to Iraq in 2004 and to Afghanistan in 2008. While in Afghanistan a young commanding officer began honouring two soldiers who had been killed that day — "One of the soldiers and most moving moment I've been privileged to witness," he writes.

He met Bill on the Afghanistan trip and the relationship flourished sometime after returning from Iraq. Bill was spending his world before settling in New France to care for his daughter. For the moment Cockburn

takes care of things at home while Bill goes to work. He doesn't normally listen to his albums but with a purpose young child in tow that has changed.

"My daughter insists on listening to me on our way to preschool on the morning of the car so I sit up to hear a lot of myself" these days, he says.

Having his son on again regularly has been a joy.

Through the years Cockburn has received a pile of awards. He appreciates them but they don't mean a lot — except one.

"The one that means the

most to me is being an Officer in the Order of Canada. It feels like a recognition of a series of connections with Canada. It's a concept that I really value. The other stuff is nice.

As to a legacy, "I don't think about legacy at all. I have no control over that. Nobody does."

This year he is considering going on putting together some songs for a new album. But he is coming to Southern Ontario for most concerts in February as well as being the main act at Ottawa Round & Hammerfest Festival in August.

The current schedule can be found at [brucecockburn.com](http://brucecockburn.com).



## HOROSCOPE

Week of January 20-26, 2004

**Aries**  
March 21 -  
April 19

Your competitive edge plays you directly on home's way. Play it, rule this week. Major decisions if you spend this week in the safety of your own home.

**Libra**  
September 23 -  
October 22

Libra, you're letting your relationships go the best of you. Once you make a decision, do your best to stick with it.

**Taurus**  
April 20 -  
May 20

Make sure you split your time carefully between your friends and your significant other. No marital care doesn't turn into a divorce.

**Scorpio**  
October 23 -  
November 21

Star sign: Let your emotions take over. Feel free to cry in the middle of the party if you really feel that bad.

**Cancer**  
May 22 -  
June 21

This week is all about quick moves for you. Your expansive nature will push you to question everything and demand answers.

**Sagittarius**  
November 23 -  
December 21

Your loyalty may be tested this week. Make sure you stand behind your friends; they will support you in return.

**Cancer**  
June 22 -  
July 21

Letters or of things can be hard for you to find. If possible, you don't want your friends, great social studies notes, assignments.

**Capricorn**  
December 22 -  
January 21

Your business acumen will be appreciated this week. If by now all of these people don't laugh the first time you tell them the same joke, and they do.

**Leo**  
July 22 -  
August 21

This week your talents and loving nature will really show. Get closer with your friends; they need your care, concern, and understanding.

**Aquarius**  
January 20 -  
February 18

Aquarius, your stations now may go the best of you that week. Networking and working in your spare can be a good thing, but always keep an open mind.

**Virgo**  
August 23 -  
September 22

Virgo, you have a tendency to be slightly hasty or over-cautious. This week take time to think before you speak.

**Pisces**  
February 19 -  
March 20

Pisces, rules from your Aquarius friends this week and next year, general friends may try to tell you down the wrong path. Don't be afraid to say no.

Aquarius: Strange abilities or dreams beyond mortal comprehension on a regular basis. He also enjoys young adult novels and tailoring.



## On Call



## Useless Facts

The only Roman temple not mentioned in the Bible is the Colosseum.

Polar bears are introverted.

Gerald Duck comes from Ireland because his mother likes parties.

It's possible to eat a raw oyster without drowning.

We are really unsure who originally wrote Beowulf or who invented it.

Apple, politics and cows all taste the same when eaten with your mouth plugged.

## Sudoku Puzzle

2	1		5		8	6	9
6			1	8	9		2
3							
8			9	5		6	
6	2			1	5	3	
7			2		8		
9	7						3
2			5	3	7	9	
8			4		6	7	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Computer Terms

Y	P	O	C	O	X	B	Y	D	N	A	M	M	O	O	C	O	D	R	O	M
H	A	R	D	W	A	R	E	B	I	J	U	F	W	O	S		C	P	Y	C
L	T	C	V	R	K	A	S	T	Y	L	I	O	I	K	H		C	O	D	M
S	U	P	I	W	Y	O	B	Y	T	X	M	H	K	L	I		D	E	A	B
Y	D	L	O	N	G	S	E	I	W	T	P	E	M	O	E		F	L	E	T
S	H	R	E	W	S	T	T	M	J	R	A	S	R	U	F	M	F	D	P	R
C	T	H	O	U	C	E	F	J	R	A	T	N	K	G	E		O	F	T	O
D	A	E	E	S	P	O	K	R	S	N	E	E	H	K	M		G	H	A	R
R	M	I	E	I	T	J	U	A	O	M	T	Z	E	N	O		I	E	N	T
O	R	E	A	N	O	O	T	P	W	K	W	S	K	R			I	N	T	A
M	O	T	M	T	E	A	T	P	O	T	G	C	U	T			C	E	N	T
L	F	E	U	E	D	N	G	R	O	D	I	N	D	A			H	E	N	T
J	N	L	F	R	Y	M	K	U	H	T	X	V	M	N			I	N	T	A
S	E	E	W	N	T	C	S	S	G	T	D	O	E	G			O	N	T	A
N	Z	I	T	E	Y	H	O	C	W	K	C	D	D				O	M	E	A
X	K	D	S	T	M	E	D	O	N	V	O	N	I	F			N	T	A	A

C D R O M  
C O P Y  
C U T  
C O M M A N D  
D A T A B A S E  
D E L E T E  
F I L E  
F I N D  
F O R T  
F O R M A T  
G R A P H I C  
H A R D W A R E  
I N T R A C T I V E  
I N T E R N E T  
K E Y B O A R D  
L E F T  
M E M O R Y  
M E N U  
M O D E M  
M O U S E  
M U L T I M E D I A  
N E T W O R K

# Men's volleyball winning streak comes to an end

## BY STEPHEN KIRK

Conestoga's recently men's volleyball team suffered a dismaying loss to Redwater Polytechnic College on Jan. 12 putting an end to a three-game winning streak and leaving their record at three wins and eight losses this season. The Raiders didn't have a win from Nov. 21 but started that to a three-game streak between Nov. 21 and Nov. 29. The men predicted those wins as scheduling and stronger group rotations.

"To start the season we played very good volleyball from some of the best in Canada," said Jeff Huisman, a Conestoga player. Our last three games were against the bottom three teams in our conference so they were must wins and we put the job done. We knew we wasn't going to beat the best, but our goal is to steal games and slowly build toward a great season."

"We finally started putting things together near the end of the semester and Kyle Gauthier another Conestoga player

said, "I didn't want crowd showed up to watch the Raiders take on the Raiders who were 7-0 at the time and although the home crowd didn't have enough to tip the scale, Conestoga started on first set off with an even back and forth with Redwater but began to trail and eventually lost the game 21-15. Despite that, the Raiders morale stayed to stay high.

The second game was versus Conestoga as they lost 25-15. Between the second and third games it was clear that Conestoga's energy was beginning to wane. Redwater stayed high. When the score was 12-12 for Redwater, which was only one point away from winning, Conestoga did bad scoring a consecutive four points. Unfortunately that streak came to an end and the Royals took the third game 25-21.

The Royals had an advantage in the match as they had previously played on Jan. 9 whereas Conestoga had not played since Nov. 29.

(The team definitely reflect-



A Conestoga player spikes the ball as Redwater players (bottom) eventually went on to win the game 21-15.

ed our play" said Huisman. "During the break you don't get as many touches and when you don't touch you need to shake off a little rust and get back into the swing of things."

Gauthier agreed but also said the team had the advantage of allowing players to get back into shape, and had any argue that they had maintained both. Huisman and Gauthier

used the team as working on improving pressure during their answer and said that the team is developing well and the future looks bright for the Raiders.

## TOUGH LOSS FOR VOLLEYBALL WOMEN



The Conestoga College women's volleyball team started the hand at their match against the Redwater College Royals on March 22, losing in three games. They're looking forward to their February 10th game at the college.

## SKI SEASON OPEN TO ALL



PHOTO BY KAREN DIBBLE

Kathy Kishnani-Gilmore, a Conestoga College student affairs student, returns down to the bottom of a slope to roll in after a day of opening day fun. Kishnani-Gilmore was providing fun and safety for the Conestoga staff.



## International Women's Day

### NOW RECRUITING STUDENT COMMITTEE MEMBERS!

Help support your global community by working with other committee members to plan, organize and carry out International Women's Day while adding valuable experience to your CCL. Contact Student Life at [studentlife@ccl.conestogac.on.ca](mailto:studentlife@ccl.conestogac.on.ca)

EVENT DATE: WEDNESDAY, MARCH 8, 9-11AM

- Performance & Music
- Local Services
- Fund Raising

## STUDENT LIFE



[conestogac.on.ca/student-life](http://conestogac.on.ca/student-life)



[studentlife@ccl.conestogac.on.ca](mailto:studentlife@ccl.conestogac.on.ca)

## SCRUBS FOR EVERY SIZE



PHOTO BY MARY LINDHARD

Janet Choi, the owner of Adult Patch-n-Med, helps a patient put on a hospital gown. The store has received a spot in the college's Green campaign every semester for four years. They offer wheelchair friendly rooms as well as accessible showers for students. Infusing these in medical campuses, they will be more ready for the future in health care.

## RECRUITING STUDENT LIFE LEADERS!

Volunteer by planning and hosting events, building community and taking action through positive leadership. Minimum 6 hours participation per semester.



Events include: Get Involved Fair, Human Library, Blood Donor Clinic, Smile Exchange, Random Act of Kindness Day, Remembrance Day, Chrysalis Project



**RESPECT**  
A COMMITMENT

Sign up for the PTS, attend or drop by Office 2A/102-2 from 10 a.m.

conestogacollege.ca/pts

respectconestogacollege.ca

## Stay healthy with yoga

## BY MARGARET BAILLIE

For the last few years, yoga has been growing in popularity. It's being one of the best ways to keep your body mind and soul.

According to [yogajournal.com](http://www.yogajournal.com) there are 30 ways for yoga to help improve your health. It can help increase your flexibility, help build muscle strength, gently improve your posture, help you to have a good night's sleep and can even make you happier just to name a few.

I've always found that it boosts my energy and my mood, said Stephanie Baker as she stepped out of her first yoga class at Mindful Yoga studio on Yonge St. "This is my first time in the class, but I know that I need to but I always do it at home and take along my yoga mat. I wasn't really sure if I liked it at first, but I stuck with it and now I have a lot of fun with it."

Her daughter, Brooke Baker, joined her for her first yoga class. She agreed to make her first happy and said that it turned her son and game.

"Sometimes I have back pain but whenever I'm in the heat during a yoga class, I feel relaxed," said Brooke. "I have a yoga class twice a week at home. The instructor is really helpful and shows you a lot of different moves that you may not have seen in a yoga video or DVD."

Brooke has been suffering

from some digestive problems that her doctors have not yet been able to diagnose.

"I've been having stomach pains that make me feel uncomfortable and I've been sent to the emergency because of how bad they got," she said. "One of the doctors I saw was surprised that I still continue doing yoga because of how it can help those types of pains."

Yoga is not only about improving digestive problems, it's also about being stressed about something can cause you to feel stressed internally but doing yoga can decrease those levels. It can also reduce the consumption and reduce your risks of illnesses such as colon cancer. Doing certain moves and twists help with getting food and waste through your bowels and improving your system.

"I am definitely not a yogi person in my home life, but since I've started doing yoga, more regularly, with Brooke, I'm going to keep doing it and attending different classes."

Mother and daughter both agreed they look forward to doing another class together and convincing their friends to go with them.

"My friends always say how they don't like yoga, but if older people can do it, so can they," said Brooke. "There were people at that class today that were old. I hope I can still stick with it and will continue going, as that's what it's supposed to do."

## COUNTRY NIGHT AT CONESTOGA



PHOTO BY ANDREW HARRIS FOR THE TIMES

10-second blurb: An evening cover (based from a previous performance)

The Concert of a Lifetime is the 10th anniversary of the Student's Union's annual "Country Night" at the Conestoga College Auditorium. It is a free admission event.